

Dear Teacher / School

I recently received a note that indicated that the certain foods in my child's lunch box are not encouraged by the school. I would appreciate that any concerns that you have for my child be directly discussed with me. I am teaching my child to appreciate a wide range of foods, that all foods have the right to nourish the body and all foods can be eaten without judgement. Each child's nutrition needs are unique I believe that all children should have the opportunity to explore the role food plays in our health, lives, culture and the school communities play an important role in facilitating this. My concern is that this kind of policy encourages judgement of the contents of a child's lunchbox. This has the risk of promoting the very black and white, morally loaded view of food that I am trying to avoid for my child. For alternative approaches to feeding children please refer to the Ellyn Satter Institute or an Accredited Practising Dietitian who practices the Non-Diet Approach. I would like to thank you for your good intentions and care for my child.

Kind regards

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